

Saliva Collection Instructions



Do not eat, drink, smoke, chew gum, brush your teeth, or use mouthwash for at least 30 minutes prior to providing your sample.



- 1. Open the tube provided.**
- 2. Move your tongue around in your mouth, allowing saliva to collect in your mouth**
- 3. Place your mouth on the open end of the tube and spit the pooled saliva into the tube.**
- 4. Repeat this rolling of your tongue, until there is a minimum of 2 mL of saliva in the tube, roughly half way to the 5mL marked line on the tube.**



Your saliva should fill at least to here



- Properly seat the cap on the tube and screw it on tightly.**
- Place the collection tube containing your sample in the plastic specimen bag. Please make sure the bag is completely sealed.**